

JEREMY A. ALLAND, MD

Experience

Assistant Professor – Rush University Medical Center 2016-Current

Post-Graduate Training

Fellow – Primary Care Sports Medicine 2015-2016
Rush University, Midwest Orthopedics at Rush, Chicago, Illinois

Chief Resident 2014-2015
UPMC St. Margaret Hospital, Pittsburgh, Pennsylvania

Resident Physician – Family Medicine 2012-2015
UPMC St. Margaret Hospital, Pittsburgh, Pennsylvania

Education

Doctor of Medicine 2012
Rush University, Chicago, Illinois

Bachelor of Arts in Biochemistry 2008
DePauw University, Greencastle, Indiana

Honors/Awards

Best Resident Teacher Award, UPMC St. Margaret Family Medicine Residency 2015

The William H. Harrison, PhD Award, Rush Medical College 2012

- Awarded to graduating student who, throughout medical school, demonstrated Selfless leadership, aspiration, and collaborative actions to leave Rush Medical College a better place

ESPN The Magazine Academic All-District Team 2008

SCAC All-Conference Honorable Mention – Pitcher 2008

D3 Baseball All-Mideast Region – Pitcher 2007

SCAC All-Conference Team – Pitcher 2007

Publications and Abstracts

Peer-reviewer

- The Journal of Family Practice
- The Physician and Sports Medicine

Alland, JA, Mjaanes, JM, Coleman M. Lump on Left Leg – Runner. Presented as a case presentation at Annual Meeting of American College of Sports Medicine, Boston, MA, May 31-Jun 4, 2016.

Alland JA, Mjaanes JM, Fernandez JJ. Acute Wrist Injury in Pediatric Figure Skater. Presented as poster presentation at the Annual Meeting of American Medical Society of Sports Medicine, Dallas, TX, April 15-20, 2016.

Bitterman, A, Alland JA, Lin J, Lee S. Ankle Arthritis – A Primer for the Primary Care Provider. Submitted for publication to the Journal of Family Practice in Mar 2016.

Thorness R, Alland JA, McCulloch CB, Romeo AR. Return to Play after Shoulder Surgery in Throwers. Clinics in Sports Medicine. Submitted for publication in Feb 2016.

Alland JA. Sideline Sports Medicine Conditions. Emergency Orthopaedics. Accepted for publication. Expected publication June 2016.

Alland JA, Doperak J. My Back Hurts Too Much to Run. Presented as poster presentation at the Annual Meeting of American Medical Society of Sports Medicine, Hollywood, FL, April 15-19, 2015.

Alland JA, Maus L, McGaffey A, Hogan L. Using the Fitwits Office Tool to Improve Parent and Child Understanding of BMI: Initial and Longitudinal Visit Results. Presented as lecture discussion at the Family Medicine Education Consortium Annual Northeast Region Meeting, Arlington, VA, Oct 24-26, 2014.

Alland JA, Doperak J, Mauro C. What's wrong with my groin? Presented as poster presentation at the Annual Meeting of American Medical Society of Sports Medicine, New Orleans, LA, April 5-9, 2014.

Alland JA, McGaffey A, Edwards B, Harbaugh M, Powell J, York D, Wislo V, D'Amico FJ, Jewell IK, Abatemarco DJ, Hughes K, Hogan L. The Fitwits BMI Study: Baseline results. Presented as Poster Presentation at NAPCRG Annual Meeting, Ottawa, Canada, Nov 9-13, 2013.

Frank RM, Alland JA, Grumet RC, Slabaugh MA, Williams JM, Wang VM, Espinoza Orias AA, Bach BR Jr, Nho SJ. Hip Osseous Morphology Using Computer Navigation and Plain Radiographs. *Am J Orthop*. Nov 2012; 41(11):519-525

Alland JA, Nho SJ. How Do You Treat a 21-Year-Old Basketball Player Who Has Magnetic Resonance Imaging Evidence of Tibial Diaphyseal Edema Not Resolved After 3 Months of Protected Weight Bearing? Curbside Consultation of the Foot and Ankle: 49 Clinical Questions. Edited by Lee S and Holmes G. Thorofare, NJ: SLACK, Incorporated, 2011. Question 28.143-146.

Alland JA, Nho SJ. How Do You Treat "Shin Splints" in the High Level Athlete Who Needs to Continue to Compete? Curbside Consultation of the Foot and Ankle: 49 Clinical Questions. Edited by Lee S and Holmes G. Thorofare, NJ: SLACK, Incorporated, 2011. Question 29. 147-150.

Alland, JA; Espinoza Orías, AA; An HS; Andersson, GBJ; Inoue, N. Three-Dimensional Characterization of Lumbar Lordosis in Torsion. Presented as Podium Presentation to the ASME Summer Bioengineering Conference, Farmington, PA, June 22-25, 2011.

Alland, JA; Kim, H S; Kang, R; Zelazny, A M; Espinoza Orías, A A; Inoue, N; Nho, S J. Novel 3-D Quantification of the Cam Lesion for Patients with Femoroacetabular Impingement. Presented as Poster Presentation at the Annual Meeting of the American Orthopaedic Society for Sports Medicine, San Diego, CA, July 7-10, 2011.

Nho SJ, Alland JA, Grumet RC, Slabaugh MA, Frank RM, Williams JM, Wang VM, Espinoza A, Bach BR. Three Dimensional Morphology of the Hip. Presented as Poster Presentation at the International Society for Hip Arthroscopy Annual Meeting, Cancun, Mexico, Oct 9-12, 2010.

Nho SJ, Alland JA, Grumet RC, Slabaugh MA, Frank RM, Williams JM, Wang VM, Espinoza Orias A A, Inoue N, Bach BR. Hip Osseous Morphologic Characteristics Using Computer Navigation and Plain Radiographs. Presented as Poster Presentation at 56th Annual Meeting of the Orthopaedic Research Society, New Orleans, LA, March 6-9, 2010.

Nho SJ, Alland JA, Grumet RC, Slabaugh MA, Frank RM, Williams JM, Wang VM, Espinoza Orias A A, Inoue N, Bach BR. Three-Dimensional Morphology of the Hip. Scientific Exhibit SE45 at the Annual Meeting of the American Academy of Orthopaedic Surgeons, New Orleans, LA, March 9-13, 2010.

Pensak M, Nho SJ, Alland JA, Bach BR. Management of Acute Anterior Shoulder Instability in Adolescents. Orthop Nurs. Jul-Aug 2010;29(4):237-43

Sports Medicine Experience

IGI Chicago Style Gymnastics Meet	Feb 12-13, 2016
• Meet Physician - Fellow	
Chicago Force Professional Women's Football	Jan 2016-June 2016
• Team Physician – Fellow	
Chicago Steel Tier 1 Junior Hockey	Oct 2015-April 2016
• Team Physician – Fellow	
Chicago Marathon	Oct 11, 2015
• Main Finish Line Medical Tent – Balbo	
Malcolm-X University	Sept 28, 2015
• Pre-participation physicals	
Chicago Athlete 20-miler	Sept 19, 2015
• Finish Line Physician	
Chicago Bulls	Sept 2015-July 2016
• Team Physician – Fellow	
Willowbrook High School Football	Sept 2015-Nov 2015
• Team Physician - Fellow	
USA Rugby vs Australian National Team	Sept 5, 2015
• Match Day Physician – Fellow	
Trinity International University	Aug 2015-Dec 2015
• Team Physician – Fellow	
Chicago Fire	Aug 2015-July 2016
• Team Physician – Fellow	
Chicago White Sox	Aug 2015-July 2016
• Team Physician – Fellow	
DePaul University Blue Demons	Aug 2015-July 2016
• Team Physician - Fellow	
BTN 5K/10K	July 25, 2015
• Finish Line Tent	
Pittsburgh Marathon	2013-2015
• Finish Line Tent in 2014 and 2015	
• Medical Aid Station in 2013	
Fox Chapel Area High School Girls Basketball	2013-2015
• Resident Team Physician – 2 seasons	
Fox Chapel Area High School Boys Basketball	2013-2015
• Resident Team Physician – 2 seasons	
University of Pittsburgh Pre-Participation Physicals	2012-2014
Pittsburgh Steelers Training Camp	Aug 2, 2014
• Sideline coverage	
WPIAL Sectional Wrestling Tournament	Feb 22, 2014
• Event Physician	
Allegheny County Wrestling Championships	Jan 17-18, 2014
• Event Physician	
Fox Chapel Area High School Boys Wrestling	Winter 2013

<ul style="list-style-type: none"> Resident Team Physician 	Nov 3, 2013
Pittsburgh Marathon 10-Miler 2013	
<ul style="list-style-type: none"> Finish Line Tent 	Fall 2013
Burrell High School Varsity Football	
<ul style="list-style-type: none"> Resident Team Physician 	Aug 31, 2012
Pittsburgh Public High School Football	
<ul style="list-style-type: none"> Resident Physician 	Aug 4, 2012
WFA Championship	
<ul style="list-style-type: none"> Resident Physician 	Oct 9, 2011
Chicago Marathon	
<ul style="list-style-type: none"> Medical Aid Station 	Oct 2011
York High School Football	
<ul style="list-style-type: none"> Medical Student Volunteer 	Apr 10, 2011
Shamrock Shuffle	
<ul style="list-style-type: none"> Main medical tent 	

Presentations

Rush Primary Care Sports Medicine Lecture Series

- Rush University Medical Center, Chicago, Illinois
 - Gastrointestinal Disorders in Athletes* Sept 9, 2015
 - Performance-Enhancing Drugs and Ergogenic Aids* Nov 11, 2015
 - Rheumatologic Considerations in Sports Medicine* Jan 13, 2016
 - Overtraining Syndrome* TBD

Shoulder Examination Workshop

- Facilitated 120 minute workshop for family medicine interested medical students April 20, 2015
- University of Pittsburgh Medical School, Pittsburgh, Pennsylvania

Medical Decision Making Series

- Evidence-based presentations to residents and faculty
- UPMC St. Margaret Hospital, Pittsburgh, Pennsylvania
 - Dual-Platelet Anticoagulation Post-MI Debate* Mar 23, 2015
 - Exercise for Patients with Chronic Low Back Pain* Mar 16, 2015
 - Shoulder Instability or Labral Lesion?* Sept 30, 2013
 - The Likelihood Ratio* Sept 30, 2013
 - Choosing Wisely: Nuclear Cardiology* Sept 30, 2013
 - Screening Flexible Sigmoidoscopy* Dec 12, 2012

The Shoulder Examination

- 90 minute lecture and demonstration for the M1 class (209 students) Sept 9, 2014
- Medical College of Wisconsin, Milwaukee, Wisconsin

Less Common Sports Medicine Diagnoses with Popular Names

- Senior Lecture to residents and faculty Aug 14, 2014
- UPMC St. Margaret Hospital, Pittsburgh, Pennsylvania

Ulnar Collateral Ligament: An Update

- Presentation to residents and faculty May 2, 2014
- NorthShore Primary Care Sports Medicine, Glenview, Illinois

Conferences

ACSM Annual Meeting, Boston, MA	June 2016
AMSSM National Conference, Dallas, TX	April 2016
IAME Musculoskeletal Ultrasound Skills Course, Chicago, IL	Dec 2015
AMSSM National Conference, Hollywood, FL	April 2015

FMEC Northeast Region Conference , Arlington, VA	Oct 2014
AAFP National Conference , Kansas City, MO	Aug 2014
AMSSM SMART Workshop , New Orleans, LA	April 8, 2014
AMSSM National Conference , New Orleans, LA	April 2014
AMSSM National Conference , San Diego, CA	April 2013
NAPCRG Annual Conference , Ottawa, Canada	Nov 2013

Professional Memberships

Illinois Academy of Family Physicians , <i>Member</i>	2015-Current
American College of Sports Medicine , <i>Member</i>	2015-Current
American Academy of Family Physicians , <i>Member</i>	2011-Current
American Medical Society of Sports Medicine , <i>Member</i>	2011-Current
American Medical Association , <i>Member</i>	2008-Current
Pennsylvania Academy of Family Physicians , <i>Resident Member</i>	2012-2015
American College of Sports Medicine , <i>Student Member</i>	2011-2012
Illinois State Medical Society , <i>General Member</i>	2008-2012
Chicago Medical Society , <i>General Member</i>	2008-2012

Licenses and Certifications

Diplomate, American Board of Family Physicians	2015- Current
American Board of Family Medicine Examination – Passed	2015
ACLS	2012- Current
PALS	2012- Current
ALSO	2012- Current
USMLE Step III – Passed	2013
USMLE Step II CS – Passed	2011
USMLE Step II CK – Passed	2011
USMLE Step I – Passed	2010

Leadership Experiences

Chief Resident	2014-2015
<ul style="list-style-type: none"> UPMC St. Margaret Hospital, Pittsburgh, Pennsylvania 	
Academic Leadership Committee , <i>Resident Physician Representative</i>	2014-2015
<ul style="list-style-type: none"> UPMC St. Margaret Hospital, Pittsburgh, Pennsylvania 	
eRecord Committee , <i>Resident Physician Representative</i>	2014-2015
<ul style="list-style-type: none"> UPMC St. Margaret Hospital, Pittsburgh, Pennsylvania 	
COPD Task Force , <i>Resident Physician Representative</i>	2013-2015
<ul style="list-style-type: none"> UPMC St. Margaret Hospital, Pittsburgh, Pennsylvania 	
Fitwits Childhood Obesity Tool , <i>Resident Steering Committee</i>	2012-2015
<ul style="list-style-type: none"> UPMC St. Margaret Family Medicine Residency, Pittsburgh, Pennsylvania 	
LCME Re-Accreditation Self Study , <i>Student Chair</i>	2011-2012
<ul style="list-style-type: none"> Rush Medical College, Rush University, Chicago, Illinois 	
Student Council , <i>Elected Representative</i>	2008-2012
<ul style="list-style-type: none"> Rush Medical College, Rush University, Chicago, Illinois 	
Alpha Tau Omega Fraternity , <i>Philanthropy Chair</i>	2005-2007
<ul style="list-style-type: none"> DePauw University, Greencastle, Indiana 	
Varsity Baseball	2004-2008
<ul style="list-style-type: none"> DePauw University, Greencastle, Indiana 	